

Veggie and Hummus Pita Sandwich

Prep time: 20 minutes

Makes: 6 Servings

Ingredients

- 1 tablespoon** olive oil
- 2 teaspoons** red wine vinegar
- 1/2 teaspoon** salt
- 1/8 teaspoon** ground black pepper
- 4 ounces** Cucumber, thinly sliced
- 4 ounces** Green bell pepper, seeded and thinly sliced
- 4 ounces** Romaine lettuce, washed, dried and cut into bite-sized pieces
- 6 ounces** Cooked chicken, cut into bite-sized pieces
- 3/4 cup** Hummus
- 3** Whole grain pita bread

Directions

1. Combine oil, vinegar, salt, and pepper in a large bowl and whisk until salt is dissolved.
2. Add cucumber, bell pepper, lettuce, and chicken and toss until everything is combined.
3. Lightly toast pita bread on both sides. Cut pita in half horizontally and gently open each half to create a pocket.
4. Spread 2 tablespoons of hummus in each pita pocket, then fill with about 1 cup of vegetable and chicken mixture.
5. Repeat with remaining pitas and vegetables.

Notes

Additional Tips

This Mediterranean sandwich is full of flavor and texture. A



lightly toasted pita smothered with creamy hummus and filled with crunchy cucumber, crisp bell pepper and juicy pieces of chicken. This main dish sandwich is filling and easy to eat on the go.